

# **Warrens'**

## **Walking Group**

### **Needs More Helpers!**

**The Warrens' Walking Group is looking for volunteers to help lead 'healthy' walks that take place on Tuesday morning twice a month.**

Walks start from the Warrens at 11:00am  
and last about 45 minutes.

Each walk needs 2-3 leaders to guide patients from the Practice who wish to take part in gentle exercise and enjoy the company of other people.

**If you would like to help lead some of the walks, please email [ppg.wwgp@gmail.com](mailto:ppg.wwgp@gmail.com) or leave your name and contact details in the gold coloured comments box located in the reception area.**

You will not have to commit to take part in every walk.

You will be trained to plan and assess the suitability of routes to meet the needs of patients.